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COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS

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HOME DEMONSTRATION WORK.

SUGGESTIONS FOR CLOTHING, FUEL, MONEY, AND STRENGTH CONSERVATION CAMPAIGNS.

UNDER THE LEADERSHIP OF A HOME DEMONSTRATION AGENT

INTRODUCTION

Home keepers and home workers have such an opportunity as never before to prove the importance of their profession of home-making. Conservation of food is especially necessary during the war emergency, but patriotic service from women is also required in other conservation work. Much wool and cotton is needed for army, navy, and hospital equipment. Cotton, in addition, plays an important part in munitions manufacture. Linen is invaluable for hospital supplies, and its supply is very limited. Because of the reduction in imports, there is less leather available than usual, and much of this is required for war purposes. Home needs for clothing and household textiles should therefore be limited to absolute essentials, and careful conservation practiced.

Fuel, especially coal and oil, is a war essential and should be conserved in the home. This is doubly essential if it has to be transported for some distance, because of the present pressure on transportation.

Money is necessary for the successful conduct of the war and for successful reconstruction after the war. More than ever, then, women should give attention to thrifty planning and buying, and to saving for future national and individual need.

War conservation effort often causes a larger expenditure of time and strength than was required in home-keeping and community activities before the war. Conservation of time and strength needs to be practiced, therefore, in order that other phases of conservation be continually possible, without health being impaired from the strain and burden of extra work.

The Home Demonstration Agent may well encourage conservation of clothing, fuel, money, and strength, by special campaigns conducted according to the plans suggested for food conservation, or developed as important phases of home economics work previously otherwise organized.

A. SUGGESTIONS FOR CLOTHING CONSERVATION CAMPAIGN

SUGGESTED COMMITTEE ACTIVITIES

Securing interest in buying new clothing material and household textiles only when necessary, and in selection giving preference to materials not required for war purposes (wool, leather, etc.)

Securing interest of women in making garments as far as practicable rather than purchasing ready made garments.

Securing interest of women in caring for, repairing and remodelling garments and household textiles so as to lengthen their period of service to the maximum.

Demonstrations and exhibits might be held at schools, public halls, fairs, etc., emphasizing the need for the above work and instructing in methods of selection, making, repairing and remodelling. Groups might also be formed under trained leaders for the study and practice of sewing, cleansing, repairing, and remodelling, either in work for personal use or for charitable or war relief purposes.

SPECIAL SUGGESTIONS

Following are points which might be especially emphasized in this campaign:

Selection

- Characteristics of various textile fibres and their relative values.
- Leather and leather substitutes.
- Types of textile weave and their relative durability and suitability.
- Home tests for fading, shrinking, strength, etc.
- Uses of different types of material (new and old).
- The essentials in a good shoe, a good stocking, a good corset, etc.
- Health essentials in clothing the baby, the young child, the school child, the adolescent boy and girl, the man and woman.
- Suitability in dress, especially the working dress
- Simple, artistic and hygienic household furnishings.

Care

- Care in use to prevent wrinkling, dampness, spotting and soiling.
- The advantage of prompt cleansing and renovating when necessary.

Methods and materials for laundering, dry cleaning, etc., which cleanse without weakening the fibre.

The advantage of prompt and early repair when necessary, especially of shoes and stockings.

How to mend and repair clothing and household textiles.

Making and Remodelling

How to cut and make garments.

Suggestions for remodelling.

B. SUGGESTIONS FOR FUEL CONSERVATION CAMPAIGNS

SUGGESTED COMMITTEE ACTIVITIES

Securing interest of women in studying the essentials in economical heating, cooking and lighting systems.

Securing interest of women in the management of heating, cooking and lighting equipment so as to conserve fuel as far as possible.

Exhibits might be prepared to illustrate the sources of fuel waste in improperly constructed and selected equipment and poorly managed equipment. Groups of women might be brought together for a discussion of their fuel economies, and lectures might be given before groups of women to instruct along the above lines. Following are special points which might be discussed:

SPECIAL SUGGESTIONS

What qualities make a stove or other heater economical of fuel?
Economies in kindling.
The greater use of wood for fuel.
The thrifty management of a coal stove, a wood stove, an oil stove, or a gas stove.
The thrifty management of a furnace or heater.
Conserving oil and gasoline in auto management.
Economical lighting equipment.
The fireless cooker, casserole, steam-cooker and other conservers of fuel.
Menu planning for fuel conservation.

C. SUGGESTIONS FOR MONEY CONSERVATION CAMPAIGNS

SUGGESTED COMMITTEE ACTIVITIES

Securing the interest of families in planning household budgets as guides for expenditure.

Securing interest of women in buying carefully and thriftily, so as to provide the essentials for comfortable, healthful, but not luxurious living.

Securing interest of women in keeping records of family expenditures, comparing the thriftiness of management from week to week as indicated by the account, and also in comparing these records with those kept by others.

Securing interest in saving money available in excess of that required for immediate necessities, and in investing it for national use or for future individual or national need.

This might be done by providing instruction and discussion of budget planning, thrifty buying and household account keeping. Individuals and clubs might be interested and assisted in cooperative buying, parcel post marketing, and in other methods of reducing living costs, and in the cooperation with, and inauguration of, when necessary, thrift clubs or other groups formed for the encouragement of savings.

D. SUGGESTIONS FOR STRENGTH CONSERVATION CAMPAIGNS

SUGGESTED COMMITTEE ACTIVITIES

Securing interest in the arrangement of house and house equipment for the ease of household work.
Securing interest in the simplification and systematizing of household work.
Securing interest in home made and purchased labor-saving devices and their use.
Securing interest in living hygienically and taking proper care of sickness in the home.

Lectures and demonstrations might be given, exhibits prepared, study clubs organized, and individual homes visited for the studying of better household arrangement and equipment. Cooperative groups might be formed for the purchase and use of labor-saving equipment (vacuum cleaners, laundry equipment, sewing equipment, etc.)

Women and groups of women might be assisted in planning work schedules and in other important factors in better household management.

SPECIAL SUGGESTIONS

In cooperation with health workers talks might be given on home hygiene and personal hygiene, care of sickness in the home, etc.

Following are special points which might be discussed:

The well-planned house.
Saving steps by better arrangement of equipment.
Lessening work by systematizing it.
Menu-planning for lessened work in preparation.
Household water systems.
Household lighting.
Labor-saving equipment in the laundry, the kitchen, and the sewing room.
Labor-saving devices for house cleaning.

Leading a simple life.
The essentials in home hygiene and sanitation.
The health care of a child.
The essentials in personal hygiene.
Home nursing.
"First Aid" in emergencies.